

Preparation

Make dough (rough puff pastry): Sift together flour, salt, and sugar into a chilled large metal bowl. Set a grater over flour mixture and coarsely grate frozen butter into flour, gently lifting flour and tossing to coat butter.

Drizzle ice water evenly over flour mixture and gently stir with a fork until incorporated. Turn out mixture onto a lightly floured surface and divide into 6 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather dough together with scraper and form into a 6- to 7-inch square. Wrap in plastic wrap and chill at least 1 hour. (Dough will be lumpy and streaky.)

Make filling while pastry chills: Purée almond paste, sugar, butter, and a pinch of salt in a food processor until smooth. Add egg, vanilla, and almond extract and purée until incorporated. Add flour and pulse until incorporated. Transfer to a small bowl and chill, covered, to firm at least 1 hour.

Roll out pastry: Roll out dough on a well-floured surface with a floured rolling pin into a 21- by 7-inch rectangle and arrange rectangle with a short side nearest you. Fold into thirds, first the top down and then the bottom up (like a letter), brushing off excess flour, to form a roughly 7-inch square. Rewrap dough and chill 20 minutes.

Arrange square on floured surface so that a side with 3 layers visible is nearest you and roll into a 21- by 7-inch rectangle, rolling lengthwise away from and toward yourself, but not side to side. Fold in thirds, brush off excess flour, and chill 20 minutes. Repeat rolling out, folding in thirds, and chilling 3 more times. After last round of rolling and folding, chill rewrapped dough 1 hour.

Assemble and glaze galette: Roll out dough in same manner into a rectangle 24 inches long, then cut in half crosswise. On a floured surface, roll out each piece of pastry into a 12-inch square and transfer to separate baking sheets by rolling pastry around rolling pin, brushing off excess flour, then unrolling onto baking sheets. Chill squares until firm, about 10 minutes in freezer or 30 minutes in refrigerator.

Put an oven rack in lowest position and another in top third and preheat oven to 230°C.

Stir together egg and milk in a small bowl with a fork to make an egg wash.

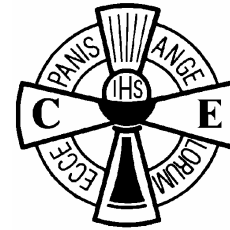
Using a plate as a guide, cut 1 pastry square on baking sheet into an 11-inch round, reserving excess dough for another use. Using tip of a knife and a smaller plate as a guide, score a 9-inch circle, leaving a 1-inch border all around. (If at any time pastry becomes too soft to work with, chill until firm.) Cut a 1/2-inch circle in center of round to serve as a steam vent, then score curved lines close together inside 9-inch circle in a pinwheel design and lightly brush pastry all over with egg wash. Chill scored pastry on a baking sheet while preparing remaining pastry.

Cut remaining square into an 11-inch round in same manner. Brush some of egg wash in a 1-inch wide border around edge of round and mound chilled filling in center, spreading to about 1 1/2 inches from edge. Bury almond or bean anywhere in filling. Slide chilled pastry round gently over filling, scored side up, and press edges of rounds together to seal. Cut decorative notches, 1 inch apart, around sealed edge of galette.

Using a fine-mesh sieve, dust top of galette with confectioners sugar.

Bake galette: Bake on baking sheet on bottom rack of oven until puffed and golden, 15 to 20 minutes. Transfer galette to upper third of oven and continue baking until very puffed and deep golden brown, 10 to 15 minutes more. Transfer to a rack to cool slightly, 5 to 10 minutes (galette will deflate slightly). Serve warm.

Cooks' notes: The galette can be assembled, but not baked, 6 hours ahead and chilled, loosely covered. Transfer directly to oven to bake.



Handmaids of Christ and Children of Mary

Supplement to the Bulletin of the Eucharistic Crusade in Ireland

January 2008

Month of the Holy Family

This leaflet is intended for high-school girls. Being part of the Eucharistic Crusade, you will receive the bulletin of the Crusade and pray for the intentions of the Crusade. As girls, Our Lady is your special model. Therefore as well as being Crusaders and Handmaids of Christ, you are also Children of Mary. The purpose of these few pages is to help you in your spiritual life.

AN EASY WAY TO BECOME A SAINT By Fr Paul O'Sullivan, OP

Chapter 3 - THE WONDERFUL THINGS GOD HAS DONE FOR US (2)

We have two great faculties like those of God, our intellect and free will. He planted, too, in our inmost being, a craving for Him that nothing else can satisfy, so jealous is He of our love.

And for what destiny did He create us? He made us for the highest destiny that was possible; He made us for Himself. He made us not to be His servants, but to be His Own children, to be seated on thrones amidst the Angels, in His presence, sharing His infinite and eternal happiness. [The author does not mean we do not serve God, but that we are more than servants as he wrote in the previous chapter.-----the Web Master.] How wonderful is the story of our creation! How is it possible that, knowing all this, we do not love God.

O, Dear Reader, think about and meditate on the infinite love of God in creating you. Weigh well every word that you have just read, for in every word you will find cause for joy and consolation.

THE GIFT OF DIVINE GRACE

Scarcely had we been born when our parents took us to the baptismal font. We had come into the world covered with a hideous leprosy, the filth and corruption of Original Sin, which we inherited from our First Parents. The baptismal water was poured on our heads; we were bathed in the Precious Blood of Jesus, the same that

was shed for us on Calvary.

These saving waters cleansed our souls from this hideous leprosy, leaving them as pure as the Angels in Heaven, while God, by an infinitely Divine act of love, clothed our souls with a dazzling mantle taken from His Own shoulders, viz., with the robe of Divine Grace. This is a real participation in His Own Divine nature, as St. Peter assures us.

Did we see our soul clad in this Divine mantle, we should be inclined to fall down and adore it. Nothing on this Earth can give us even a faint idea of a soul in Grace----an image of God, radiant, resplendent with Divine beauty. This Divine grace is not only a robe of beauty, it is a Divine force, a new life, which raises up our natures, giving them a new dignity. It penetrates into our faculties, illuminates our intellects and strengthens our will. With it we can see and do what would be otherwise utterly impossible to our poor human nature.

How little do we understand the wonders God has done for us! Foolish, ignorant parents are so blind that they sometimes leave their children for days without Baptism. The life of the newly born babe is so fragile that it may die at any moment, and then! That dear soul will never see God, through the culpable neglect of those who should love it most. And even if the child does not die, why leave it wallowing in the corruption and filth of Original Sin? Fathers and mothers strive to save their

.....

(Continues next month)

Instruction upon meditation

Meditation, or mental prayer, is a devout and fruitful consideration of Divine things, and of all that is conducive to the acquirement of virtue and of eternal salvation.

Refer to the previous issue of this bulletin to learn how to make meditation properly. Remember that the Handmaids must meditate 15 minutes every day. St Therese of Avila says that he who spends 15mn a day in mental prayer cannot be lost.

Do not place much confidence in weak and mortal man, helpful and friendly though he be; and do not grieve too much if he sometimes opposes and contradicts you. Those who are with us today may be against us tomorrow, and vice versa, for men change with the wind. Place all your trust in God; let Him be your fear and your love. He will answer for you; He will do what is best for you.

Imitation of Christ, Book 2, Chapter 1 "On Meditation"

14th Meditation – On the Particular Judgement - 2

In one instant, a most strict account will be taken of our every thought, word, an deed, from the first use of reason to our last breath. Nothing can escape the infinite knowledge of our Judge, before whom everything will be brought into judgement, and who will render to every man according to his works. God

will take an account not only of our evil deeds, but of our omissions of the good we ought to have done. Nay, our good actions, our best virtues, will be rigorously scrutinised, to see if they have full weight. The greater the graces we have received, the stricter will be the account we shall have to render. But what a severe account will be demanded of those special graces attached to each particular state of life!

Galette des Rois

You can bake this cake to celebrate Epiphany, as they've done in parts of France since the Middle Ages, and bury a trinket (called a *fève*, after the fava bean that was originally used) in its filling. Whoever finds it will be king or queen for the day. The Epiphany is called in Ireland "Little Christmas" so may the joy of Christmas continue in your hearts and in your homes!



Active time: 1 1/4 hr Start to finish: 5 1/4 hr
Servings: Makes 8 to 10 servings.

Ingredients

For pastry

- 1 2/3 cups all-purpose flour
- 1/4 teaspoon salt
- 1 tablespoon granulated sugar
- 2 sticks (1 cup) unsalted butter, frozen
- 1/2 cup ice water

For filling

- 1/4 cup pure almond paste (2 oz)
- 1/4 cup granulated sugar
- 2 tablespoons unsalted butter, softened
- 1 large egg
- 1/4 teaspoon vanilla
- 1/4 teaspoon almond extract
- 2 tablespoons all-purpose flour
- 1 whole almond or a dried bean, such as a lima bean

For glaze

- 1 large egg
- 1 tablespoon milk
- 1/2 tablespoon confectioners sugar for dusting

Special equipment: a pastry or bench scraper; 2 large baking sheets (at least 12 inches wide), not dark metal (or pastry may overbrown)